

Winter 2020 Newsletter

PRESIDENT'S MESSAGE

Dear NASPOG Members,

I hope you are having a wonderful New Year! I would like to update you on upcoming events.

As you know, registration is open for our [2020 Biennial Meeting](#), being held April 17 – 19 in St. Louis, Missouri. The meeting is hosted in partnership with Washington University in St. Louis. The planning committee has developed a phenomenal [educational program](#) that includes hot topics such as *Racial Disparities in Maternal and Infant Healthcare and Holistic Approaches to Abortion Care*. Please look at the program in advance of making your travel plans. We have a couple new items to take note of:

- Expanded Sunday programming through 2pm
- Friday evening River Cruise social event included in the full conference registration fee
- Reduced registration rates for clinical practitioners (MSW's and LPC's)

On the membership front, the NASPOG Board has recently accepted organization bylaw changes. We will be reaching out to members to vote and comment on the bylaw changes. An email will be sent out early February for an electronic vote. Your participation in the vote is vital for advancing our organization forward.

We will also be having a call for nominations and applications to serve on the NASPOG Board Executive Committee. Board criteria, roles, and expectations will be available next month. I hope you consider volunteering for a leadership position in our organization.

As always, please email or call NASPOG headquarters with any feedback or questions at info@naspog.org, or 301-273-0572. I hope to see you in St. Louis!

Sincerely,

Chiara Ghetti, MD, MSC
NASPOG President

RENEW YOUR MEMBERSHIP DUES FOR 2020

It's time for membership dues renewal for the 2020 calendar year. If you have not already renewed your dues, please visit <https://naspog.wildapricot.org/membership>.

Thank you for continued support and contributing to our mission!

SHARE NEWS WITH NASPOG!

Have a new published article? Promotion or job posting? We would love to hear from you and share with other members!

Submit your news to info@naspog.org.

SOCIAL MEDIA

NASPOG is on Twitter! Follow and interact with us at <https://twitter.com/NASPOG1>!

NASPOG MEMBER HIGHLIGHTS

Project Keshet Brings Expert in Reproductive Psychiatry to Moscow

NASPOG Member, Dr. Shari I. Lusskin, Clinical Professor of Psychiatry, Obstetrics, Gynecology, and Reproductive Science at the Icahn School of Medicine at Mount Sinai and Attending in Psychiatry at Mount Sinai Medical Center in New York City, presented a lecture entitled "Improving the Treatment of Perinatal Depression: Pharmacotherapy in Pregnant and Breastfeeding Women." This was the first lecture ever given in Russia on the subject of psychopharmacology in pregnancy and lactation. Approximately 150 doctors, medical students, and other health care professionals from four countries participated in person or via a live YouTube broadcast. Among those attending in person were a group of psychiatry residents from the Ministry of Health's V.P. Serbsky National Medical Research Center for Psychiatry and Narcology, the Head of Obstetrics and Gynecology at Tula State University, Russia, and the Head of the Department of Basic and Clinical Pharmacology at Kyrgyzstan State Medical Academy, Bishkek, Kyrgyzstan. Professionals also flew in from Belarus and Ukraine for the three-hour program. Physicians and health care professionals from Volgograd, Astrakhan, St. Petersburg, Ukraine, Belarus, and Slovenia watched the program online and participated in the question and answer session.

The event was sponsored by Project Keshet, an American-based nonprofit organization that supports grassroots organizations in Russia, Ukraine, Belarus, Moldova, Georgia, and Israel, as they develop leadership skills to advocate for Jewish identity and renewal, economic self-sufficiency, and women's health.

Project Keshet-trained leaders had learned that the standard protocol in Russia, Ukraine, and other post-Soviet States is to discourage women with psychiatric disorders from getting pregnant if they are taking medication, or to take them off all medication when they do get pregnant. Unfortunately, this places pregnant women and their babies at risk for the effects of untreated illness. Dr. Lusskin shared research demonstrating that properly used medications may mitigate these effects in pregnant and breastfeeding women, with the benefits exceeding potential risks. Dr. Lusskin also addressed the risks associated with the use of illicit drugs, alcohol, and tobacco that may accompany untreated or under-treated maternal illness and

discussed how domestic violence further increases the risks for pregnant and postpartum women. She encouraged clinicians to consider this in their assessments of their patients. After the lecture, audience members enthusiastically submitted questions about difficult cases and demonstrated the potential reach of the lecture consistent with Project Keshet's mission to improve women's health and well-being throughout the region. For more information, please contact: Shira Pruce shirapruce@projectkeshet.org, 732-351-9696.

ARTICLES OF INTEREST

- [Female Sexual Health: Barriers to Optimal Outcomes and a Roadmap for Improved Patient–Clinician Communications](#)
- [Pregnancy, breastfeeding may lower risk of early menopause, NIH-funded study suggests](#)
- [Polycystic Ovary Syndrome Hikes Bipolar Disorder Risk](#)
- [As Menopause Nears, Be Aware It Can Trigger Depression And Anxiety, Too](#)
- [Delivery mode is associated with maternal mental health following childbirth](#)
- [Setting the global research agenda in psychosocial aspects of women's health – outcomes from ISPOG world conference at The Hague](#)

**North American Society for Psychosocial Obstetrics and Gynecology
(NASPOG)**

1100 Wayne Avenue, Suite 825, Silver Spring, MD 20910
www.naspog.org | info@naspog.org | 301-273-0572

[Unsubscribe](#)

ISPOG Secretariat

Email: admin@ispog.org

www.ispog.org